

**TAKE THE TYPE 2
DIABETES RISK TEST.**



American Diabetes Association.
ALERT! DAY
DIABETES.ORG/TAKEAMINUTE

It only takes a minute to find out if you are at risk for developing type 2 diabetes.

The Township of Bridgewater is participating in **American Diabetes Association Alert Day®** today. The Division of Health encourages you to take the quick online [type 2 Diabetes Risk Test](#). You'll be asked to answer simple questions about your weight, age, family history, and other potential risk factors for prediabetes and type 2 diabetes. It's that simple, and it's anonymous.

The American Diabetes Association will provide health improvement tips to everyone who takes the test. Those at high risk will want to check with their health care provider to take action right away. We hope you will share the test with everyone you care about, including family members, friends, and colleagues.

Why is American Diabetes Association Alert Day so important?

Diabetes is a serious disease. Nearly 30 million children and adults in the United States live with its challenges every day. More than a quarter of them—8 million—don't even know they have it and aren't getting the medical care they need.

What's more, an additional 86 million have prediabetes, which puts them at high risk for developing type 2 diabetes. People with prediabetes have blood glucose (sugar) higher than normal, but not high enough to be diagnosed with type 2 diabetes.

American Diabetes Association Alert Day sounds the alarm so people can take action and get the medical care they need to live well.

Please feel free to review the counter display of Diabetes Alert Day materials at the Division of Health. Paper copies of the Diabetes Risk Test are also available at the office.

Remember, by understanding your risk, you can take the necessary steps to prevent or delay type 2 diabetes. We hope you will [take the test now](#).

Sincerely,

Chris O. Poulsen
Director of Health and Human Services
Bridgewater Township